



# **Technical and Competition Rules for OWA Club Challenge**

Effective: October 17, 2014

## Preamble

The Ontario Weightlifting Association (OWA) wishes, as part of its implementation of the Long Term Athlete Development (LTAD), to encourage the participation of all athletes who train in Olympic weightlifting to compete in Olympic weightlifting by organizing a series of four OWA Club Challenges in the calendar year.

These competitions will be open to male and female athletes of all age groups. The main focus of these competitions will be to develop athletes and to increase the capacity of clubs to hold larger competitions. OWA Club Challenges will give a chance for all lifters to compete more often and to evaluate and measure their performance against other lifters of the same age group and weight category in the province of Ontario. At the same time, clubs will gain experience, resources and skills necessary to host larger competitions in the future.

These competitions will all be held at participating clubs, with the results emailed to the OWA Administrator, which will then be posted on the OWA website. An award will be given to the top club based on a point system, and the award should improve the ability of clubs to develop young lifters and/or host larger competitions.

The OWA Club Challenges respect and implement both the current International Weightlifting Federation Technical and Competition Rules & Regulations (IWF TCRR) and the OWA Technical and Competition Rules (OWA TCR) except where otherwise noted in this document for the sole and unique purpose of holding these competitions. Where exemptions are noted, the corresponding IWF TCRR has been referenced for clarity and ease of cross referencing, if required.

Also, to bolster both the CWFHC Long Term Athlete Development (LTAD) “*The Transition Phase*” plan, the OWA has noted IWF TCRR exemptions with the LTAD phases: FUNdamentals; Learn to Train (L2T); Train to Train (T2T); Train to Compete (T2C); Learn to Win (L2W); Train to Win (T2W), and; Lift for Life (L4L). The following contents are the OWA exemptions to the 2013-2016 IWF TCRR and OWA TCR and are specific and to be solely used for the OWA OWA Club Challenges.

*This document will change over time based on factors including sponsorship, revenues and participation.*

1. Participants
  - a. Age groups
  - b. Team Size and composition
  - c. Athlete Eligibility
2. Classification of Athletes and Teams
  - a. Team Classification
  - b. Transmission of results
  - c. Point system
3. Registration, Fees and Awards
  - a. Registration
  - b. Fees
  - c. Awards
4. Technical Officials
  - a. Jury
  - b. Referees

Glossary

## **1. PARTICIPANTS**

### **a. Age groups**

The competitions will be open to and scored by the following age groups:

Junior 10 to 20 years of age

Senior 21 to 34 years of age

Master 35 and above years of age

All age groups are calculated based on the athlete's year of birth as per the IWF rulebook.

### **b. Team Size and composition**

For the purpose of this competition, each team may be of any size; however, only the top 10 lifters' results will count towards team points. The team may be made of any number of male or female lifters from any age group with no maximum athletes per bodyweight category.

### **c. Athlete Eligibility**

Athletes may ONLY take part in the competition if they are OWA members in good standing AND their club has registered for the competition.

## **2. CLASSIFICATION OF ATHLETES AND TEAMS**

### **a. Team Classification**

Teams may be of any size; however, only the top ten (10) lifters' results will count towards team points. The team can be composed of any number of male and female lifters from any age group with no maximum athletes per bodyweight category.

Points for the teams will be established as per section 2(C) on the individual ranking of team members in their age group and weight category.

If an athlete has no valid lifts in the snatch portion of the competition, the athlete can continue in the competition.

### **b. Transmission of results**

All results of the OWA Club Challenges held during the competition period (Friday to Sunday) shall be emailed no later than the Sunday of the competition period at 11:45PM to the OWA Administrator using the scoring workbook supplied by the OWA. The Administrator shall oversee the compilation of the results and post the results on the OWA website within one week.

c. Point system

Team members shall be awarded according to IWF rules 6.8.3 within each age category:

Place:	Points
1st	28
2 <sup>nd</sup>	25
3 <sup>rd</sup>	23
4 <sup>th</sup>	22
5 <sup>th</sup>	21
6 <sup>th</sup>	20
7 <sup>th</sup>	19
8 <sup>th</sup>	18
9 <sup>th</sup>	17
10 <sup>th</sup>	16
11 <sup>th</sup>	15
12 <sup>th</sup>	14
13 <sup>th</sup>	13
14 <sup>th</sup>	12
15 <sup>th</sup>	11
16 <sup>th</sup>	10
17 <sup>th</sup>	9
18 <sup>th</sup>	8
19 <sup>th</sup>	7
20 <sup>th</sup>	6
21 <sup>st</sup>	5
22 <sup>nd</sup>	4
23 <sup>rd</sup>	3
24 <sup>th</sup>	2
25 <sup>th</sup>	1

Ties will be determined per IWF 6.8.5. In the event of a tie in the team classification, the team with the largest number of first places is classified first. When two teams have the same number of first places, the one with the most second places is classified first and so on through the third places, etc.

Athletes who score zero (0) in either the snatch or the clean & jerk or both will not be awarded any team points (ref.: IWF 6.8.6, 6.8.7)

**Registration, Fees and Awards**

a. Registration

Each club will register to participate in the OWA Club Challenge by submitting the club sanction request and athlete entries no later than one week before the competition period (“Registration Deadline”).

Late athlete entries will be accepted no later than the Wednesday before the competition period ONLY IF the club has already registered by the registration deadline AND any athletes registering late have proof of current OWA membership.

b. Fees

Each club will pay a club competition sanction fee as per the established sanction fee protocol (presently at \$25.00). Athlete entry fees to compete in the OWA Club Challenge shall be \$6.00 per athlete.

Both the athlete entry fee and sanction fee will be put towards the cost of awards. Approximately 60 percent of revenue will be used for the cost of awards for each scheduled OWA Club Challenge, and the remaining 40 percent will be held for year-end awards.

c. Awards

An award for 1<sup>st</sup> Place shall be given for each scheduled OWA Club Challenge based on the point system.

At the end of the OWA Club Challenge competitive year (October 31<sup>st</sup>), awards shall be given as follows:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place based on points accumulated over the season

Most Improved Team based on difference between maximum points achieved in the current OWA Club Challenge season and maximum points achieved in the previous OWA Club Challenge season

Most Improved Athlete based on difference between totals achieved in the athlete's first and last competition in the OWA Club Challenge season

The awards and prizes are based on participation and revenues over the season. These awards will be given with the intention of helping the club to enhance its capability to develop young lifters or to hold larger competitions.

### 3. TECHNICAL OFFICIALS

a. Jury

For the purpose of OWA Club Challenges, there will not be a jury.

b. Referees

OWA Club Challenges must be refereed by a panel of 3 referees. They shall consist, at a minimum, of one certified OWA Category 4 referee, one level 4 referee in training who has completed the written test (administered by a Category 4 referee or higher), and a registered member of the OWA. They will have to perform all of the technical official duties. Clubs are encouraged to develop their own certified technical officials so that they can run their OWA Club Challenges with a full panel of 3 certified technical officials. The minimum

requirement for referee qualification will be reviewed each year as more certified referees become available.

Ontario Juvenile records can be set at OWA Club Challenges that are refereed by 3 certified referees. OWA Club Challenges can be used to establish minimum standards for the Ontario Championships with 3 certified referees and as long as they are performed on or before the Sunday three weeks prior to the Ontario Championships. OWA Club Challenges with at least 2 certified referees may be used to establish minimum standard for the “Fall Classic” and “WinterLift” competitions as long as they are performed 30 days ahead of these competitions.

Club members are encouraged to become an OWA Technical Official by participating in professional development opportunities as offered by the OWA, CWFHC, IWF, (*Reference: IWF TCRR 7.7*).

## **GLOSSARY**

IWF – International Weightlifting Federation

CWFHC – Canadian Weightlifting Federation Haltérophile Canadienne

OWA – Ontario Weightlifting Association

TCRR – Technical and Competition Rules & Regulations

kg – kilogram

Kilo - kilogram

NCCP – National Coaching Certification Program

LTAD – Long Term Athlete Development

L2T – Learn to Train

T2T – Train to Train

T2C - Train to Compete

L2W – Learn to Win

T2W – Train to Win

L4L – Lift for Life

TO – Technical Official

1st Version - Drafted by Pierre St-Jean, November 2014

2nd Version – Edited by Larry Robinson, OWA VP Technical and Le-ann Patton OWA Administrator, October 5, 2014.

Approved by the Ontario Weightlifting Association Executive Board – October 16, 2014.

3<sup>rd</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB December 2014

4<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB May 2015

5<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, and approved by the EB November 2015

6<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, March 2016

7<sup>th</sup> Version – Edited by Le-ann Patton, OWA Administrator, April 2016

8<sup>th</sup> Version – Edited by Mike Miller, VP Operations, and approved by the EB November 2016

9<sup>th</sup> Version – Edited by Le-ann Patton, OWA Competition Administrator, November 2018